


September Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.</p>			
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
1 Closed Enjoy the Holiday	2 Rotini with Sweet Italian Sausage Tomato Sauce Green Beans Fresh Seasonal Fruit	3 Baked Potato Tossed Salad Chili con Carne Shredded Cheddar Cheese Applesauce	4 Breakfast Served 9:30-10:30
8 White Amish Bean Salad Chicken Caesar Salad Romaine Lettuce With Diced Chicken Fresh Pears	9 Pizza Burger Mozzarella Cheese Copper Pennies Diced Pears	10 Split Pea Soup Fresh Tossed Salad Roast Turkey/Mashed Potatoes Green Beans Fruit Cocktail	11 Breakfast with Nurse Steve Served at Noon
15 Hot Dog - All Beef Fresh Watermelon Southwest Bean Salad Fresh Cole Slaw	16 Frederick Senior Center Picnic  Sign-up Today!	17 Tuna Salad Cold Plate Fresh Tossed Salad Potato Salad Fresh Seasonal Fruit	18 Pizza Tossed Salad Fruit
22 Fish Sandwich Diced Fruit Vegetable Ice Cream	23 Stuffed Chicken Breast w/Gravy Mashed Potatoes Peas & Onions Apple Pie	24 Box Lunch Turkey & Swiss Sandwich Potato Salad Cole Slaw Diced Fruit	25 Chef's Choice
29 Chicken Taco Salad Ground Chicken Lettuce, Tomato, Cheese Refried Beans & Mexican Rice Pineapple Tidbits	30 Baked Chicken Breast in Tomato Parmesan Sauce Sweet & Sour Green Bean Salad Ziti Noodles in Garlic Sauce Fresh Seasonal Fruit		

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.